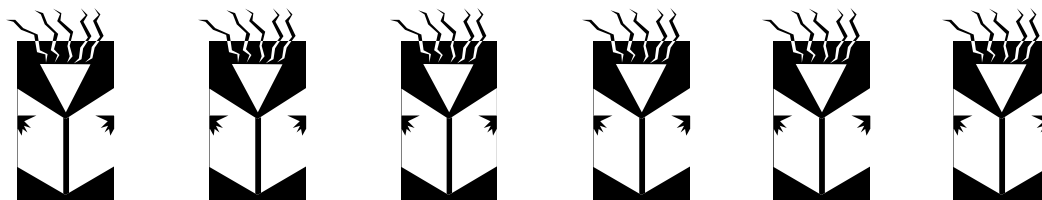


FREE

DIABETES EDUCATION CLASSES



The Center for MultiCultural Health offers free education classes to African Americans living with and at-risk for diabetes. The classes are an 11-week series held on Wednesday evenings, 5:30—7:30 pm. A light meal is provided and we may be able to help with transportation. For more information about the classes or to sign-up, please call (206) 461-6910.

Learn how to:

- Live better with diabetes
- Select and prepare foods to eat for a healthier life
- Develop self-management skills

Spring 2005 Class Schedule

March 16, 23, 30

April 6, 13, 20, 27

May 4, 11, 18



Take Charge of Your Diabetes
call (206) 461-6910.

